

WARREN

SENTINEL

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F. E. Warren Air Force Base, Wyoming

November 4, 2005

Force shaping

410 AFSPC members affected

15

Strengthening nation's spirit

Celebrate American Indian Heritage

6



KABOOM ...
Warren members and the Army National Guard from Guernsey, Wyo., receive a briefing about the effect explosive materials have on vehicles during a demonstration Oct. 28. Soldiers detonated 500 pounds of explosives in and near vehicles to give deploying troops an idea of the damage explosive ordnance can do. For more, see Page 9.

Photo by Airman 1st Class Tessa Cubbon

National
American Indian
Heritage Month

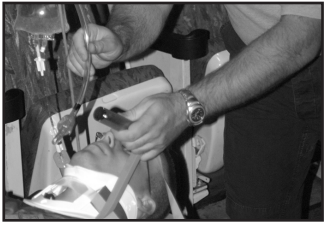
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Strengthening our nation's spirit

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Commentary

Use it or lose it Services does good things for people

2nd Lt. Paul Newell
319th Missile Squadron

Twelve years ago, I was stationed at Kirtland Air Force Base, N.M., working on MH-53J Pave Low Helicopters as an Aircraft Guidance and Control System Specialist. I often dreamt about troubleshooting aircraft in my sleep. On occasion, I found the solutions in my dreams to the problems I had unsuccessfully troubleshot all day. I submitted a long list of technical order changes and proposed several aircraft modifications. Those that have been on alert with me know that this hasn't changed. During the long, late-night hours of alert when nothing is going on, I start thinking of ways to improve our intercontinental ballistic missiles.

At home, it is the same. My wife will tell you that Tim Allen has nothing on me. I am constantly trying to fix or modify something. If I could get away with it, I would take the magnetron out of the microwave and make the world's most powerful bug zapper. My wife would kill me, and it would probably be bad for any bird, bat or small child that went between the houses.

Many of you reading this know that you're a closet "Tim Allen," or you know somebody who is. You go to the hardware store, spend enough money to rival the national debt, do everything they showed you and fall flat on your face. It is very frustrating, but being in the Air Force, we have a resource that is often overlooked and forgotten. I am talking about the 90th Services Squadron and it is here to give us the help we need.

Years ago, services was called Morale, Welfare and Recreation. Their slogan at the time was "Doing Good Things for People." I'm not sure what their current slogan is today, but I do know that their philosophy has not changed. Unfortunately, with current budget constraints, places like the woodshop, ceramic shop, frame shop, engraving shop and many others

could be on the chopping block if you don't use them. These facilities are some of our greatest, but most under-utilized benefits.

With the current deactivation of Peacekeeper and the 400th Missile Squadron, I spent many hours at the multi-craft center making flag cases, framing pictures and having engraving done. I was very impressed with what I saw and at the same time, saddened by what I didn't see.

I saw incredible competence, skill, creativity, talent and outstanding customer service in all of the shops. All shop personnel are masters in their respective areas and are willing to bend over backward to pass on their knowledge and help you become better in whatever project you're working on. What saddened me was the lack of customers. I hope that this is just because many people forgot that we have a multi-craft center and that they don't know what services are provided. I would like to tell you a little bit about each.

Dean, Joe and Tim man the wood shop. Between all of these gentlemen, they have more than 200 years of experience. But, they are not hording all of the woodwork-

Services, Page 3

Man on the street

The Warren Sentinel asked Warren members, "What is your favorite reality TV show?"



"Battle for OzFest because it has a lot of the music that I like to listen to."

- Airman John Diaz, 90th Medical Operations Squadron



"Extreme Makeover Home Edition because you get to see families that have gone through a hard time get a break."

- 1st Lt. Morgan Ellison, 90th Missile Security Forces Squadron



"The Amazing Race. Most of the places in Europe they've been through I've been also."

- Staff Sgt. Joel Gil, 90th Security Support Squadron



"The Real World because it's the only real one. Every other show has people getting kicked off."

- Senior Airman Samantha Woodward, 90th Medical Operations Squadron

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Improve past, make future better

Maj. Andrew Hugg
790th Missile Security Forces
Squadron

I often hear service-members sigh and say, "I wish we could do things like back in the good old days." Usually this is said after being told, "You shouldn't curse at Airman Snuffy," or "No, you can't punish Airman Snuffy that harshly." They seem to reminisce of when "wall-to-wall" counselings were legal, or wish they could harshly discipline troops like "we used to do."

My grandfather and his brothers enlisted in the Army and Marines in 1943. My great uncle Robert Hugg, just a poor cotton farmer from Mississippi, stepped off the bus for basic training and infantry school not knowing anything about the military. An instructor came running across the asphalt toward him. My uncle told me, "I didn't like him yellin' at me, I wasn't doin' nothing so I said something to him kind of smart alecy. The next thing I remember was waking up lookin' at a nurse in the infirmary. I sure learned how to shut my mouth after that!" Looking back at an inci-

dent that happened 25 years before my birth, knocking out my uncle was not necessary in my opinion. He was just a country boy who didn't know how to behave in the Army.

The incident that is credited with bringing the humane treatment of Soldiers into the modern age happened on April 28, 1789. First Officer Fletcher Christian of Great Britain's Royal Navy organized a mutiny of the HMS Bounty in reprisal against the abuse and murder of the crew by Capt. William Bligh. Christian set the captain and 18 members of the crew adrift in the ship's 23-foot lifeboat. He sailed 3,618 miles back to civilization, still one of the most amazing feats in naval history.

When Captain Bligh arrived in England on March 14, 1790, the Royal Navy held a court martial, but he was found innocent. However, the Navy made recommendations on changing the way sailors were treated and put restrictions on sailors' punishments from that point forward.

Gen. George S. Patton, Jr. made a mistake on Aug. 10, 1943 when he slapped Pvt. Paul Bennett in the 93rd

CURSING OUT TROOPS, ABUSING TROOPS AND TOTALLY LOSING YOUR COMPOSURE IS WRONG. YOU CAN BE TOUGH AND NOT RAISE YOUR VOICE.

Evacuation Hospital in Italy. Private Bennett was a good Soldier who had only begun to show signs of battle fatigue when he received a picture of his newborn son from his wife. When General Patton was visiting his wounded troops, he saw Private Bennett fully dressed and when asked what was wrong with him, Private Bennett told the general that he had "lost his nerve." General Patton struck him twice, knocking his helmet to the floor. When Gen. Dwight Eisenhower heard the reports of the beating, he sent an Army surgeon to investigate. When the press got ahold of the story, the public was screaming for General Patton's resignation. "I clearly understand that firm and drastic measures are at times necessary in order to secure desired objectives," General Eisenhower wrote, "but this does not excuse brutality, abuse of the sick, nor exhibition of uncon-

trollable temper in front of subordinates." General Patton was relieved of command of the 7th Army and nearly court martialed by Ike. It wasn't until May 3, 1944 that Ike finally gave him command of the 3rd Army and wrote him, "You owe us some victories. Pay off, and history will deem me a wise man."

It wasn't just the Americans who frowned on mistreating troops. Nazi Army Field Marshal Erwin Rommel, the most feared German tank commander, wrote, "Be an example to your men, in your duty and in private life. Always be tactful and well-mannered and teach your subordinates to do the same. Avoid excessive sharpness or harshness of voice, which usually indicates the man who has shortcomings of his own to hide." If the Nazis believed in treating their troops well, then we definitely should.

I am not saying we

shouldn't be tough or have high standards. These are tough times and we need a strong military. I'm not saying you shouldn't be hard on your troops when necessary. But there is a line. Cursing out troops, abusing troops, and totally losing your composure is wrong. You can be tough and not raise your voice. Try to think, "What would Clint Eastwood do?"

As far as the good old days go, it is human nature to romanticize the past. We should revere things that were good about the past, not yearn for things that were inhumane. We swore to defend our country against all enemies, foreign and domestic.

Our job is to protect the weak, not beat them down. The way we treat our troops shows our level of humanity. We should improve on the past and make the future better.

Services, from Page 2

ing skill; they are more than willing to pass that knowledge on to you and help you with whatever project you're working on. They have several classes ranging from basic wood safety to wood-carving. If they don't have a specific class, they will help you one on one. I dare you to find a place downtown that will do the same.

Judy Plummer manages the frame shop. She has more than 18 years of framing experience and you won't meet a nicer lady. If it can be framed, she's been there, done that and has the T-shirt. She has a large stock of matting, glass and frame molding for almost any project. She helped me several times with matching colors and molding and answered several questions about framing techniques. Take the basic framing class and you will be surprised how easy it is as long as you practice and frame something once

in a while.

Cheryl Lowe does laser engraving. Chances are, if you have gotten or given a plaque recently, she did it. Cheryl went into overdrive with making 100 metal plates for the 400 MS deactivation. Her high quality work added the appropriate touch of class to a ceremony the members of the 400 MS deserved.

Brenda Russell manages the ceramics shop. Like everyone else in the facility, she is highly talented and artistic. Just walk through her shop and you will see several beautifully hand-painted items. Last weekend, I watched her help 10 children paint ceramic pumpkins for Halloween. Not only did the kids and the parents have fun, they made some long lasting memories. There

aren't too many places downtown where you could do the same.

Carol is a jack-of-all-trades and she works in all of the areas. She was the first person I met when I walked into the multi-craft center. She exudes a contagious excitement about the facility and what they have to offer. Just like everyone else, she is more than willing to help you out.

As I said before, I am a wannabe Tim Allen and I'm

not afraid to admit it. The people at the multi-craft center

have helped me with my addiction. Check out the multi-craft center and the other non-appropriated fund facilities in services before we lose them. I worked at the multi-craft center at Peterson AFB, Colo., before

I joined the Air Force and used to help an elderly veteran named Frank. Frank was devastated after the shop was closed. Most of the shops were shut down more than 12 years ago and to be quite honest, it hurt.

For months, people came by looking for the wood shop or ceramic shop and they were very disappointed that they were gone. Unfortunately, I can see the same writing on the wall for this multi-craft center.

You need to use it, or you'll lose it. It's not just a place to do crafts. It's a place where you can unwind, do something productive, save a few bucks and meet members of your military family past and present. Why would you go downtown and pay someone to do something you could do yourself? The facilities are here, on our base and our family runs them. Use them, before this benefit is gone.

F. E. Warren AFB
SERVICES
Combat Support & Community Service

Street Smart visits Warren

Airman 1st Class Brandy Holcepl
90th Space Wing Public Affairs

Street Smart, a program that travels across the country educating civilians and military members on making better driving decisions, visited Warren Oct. 29.

The program is presented by Stay Alive From Education, a non-profit organization founded by firefighters and paramedics dedicated to reducing injuries and fatalities resulting from improper use of seatbelts and driving under the influence of drugs or alcohol.

"It isn't a scare tactic," said Joseph McCluan, Street Smart presenter and assistant director of Florida SAFE. "It's a unique opportunity to look through the eyes of a paramedic or firefighter."

The two presenters, Mr. McCluan and Scott Neusch, both firefighters and paramedics from Miami, presented a mix of video, photographs and demonstrations that portrayed the result of bad decisions that could be made when under the influence or not wearing a seatbelt.

The graphic material used during the presentation were real and not re-enactments of accident scenes, said Mr. Neusch.

Airman 1st Class Nino Ilidan, 90th Communications Squadron, said the photographs gave him a good idea of what could happen to you if you were in an accident.

Mr. McCluan and Mr. Neusch said victims are 25 times more likely to die if ejected from the car as a result of not wearing seatbelts.

"The only thing keeping you from being thrown out during a car crash is your seatbelt," said Mr. McCluan.

They also dispelled the myth that airbags can be used instead of a seatbelt and will always keep the driver safe in a crash.

Airbags do not replace your seatbelt; they are a Supplemental Restraining System or SRS, as it reads on your steering wheel, said Mr. Neusch.

Mr. Neusch and Mr. McCluan demonstrated with a volunteer what would happen to a car crash victim under the influence of alcohol and not wearing a seatbelt. Step-by-step they

illustrated what injuries a victim sustains during a car crash and how paramedics and firefighters free a victim when trapped in a car.

Mr. Neusch and Mr. McCluan then used the volunteer to show how a victim is secured to a stretch board, then checked and treated for injuries at the scene. Finally, they explained how the doctors continue to treat victims once they are at a hospital.

"This was a good presentation. I think it helped some of the younger people in the audience. Now I kind of know how it felt when my wife was brought to the hospital," said Airman 1st Class Brian Young, 90th Civil Engineer Squadron, whose wife sustained a broken hip, collar bone and ribs, a fractured skull, and a ruptured spleen in a car crash a few years ago. Airman Young, who played the victim in the demonstration, said his wife's car crash was not caused by a drunk driver and that his wife was wearing her seatbelt.

Mr. Neusch and Mr. McCluan both said they like presenting the Street Smart program because they could share their first-hand experiences with teenagers and young adults so they will



Photo by Airman 1st Class Brandy Holcepl

Joseph McCluan, Street Smart presenter, demonstrates on Airman 1st Class Brian Young, 90th Civil Engineer Squadron, what treatment a victim could go through when a person does not properly use a seat belt.

know what could happen if they make poor decisions like drinking and driving or not wearing a seatbelt.

It is very rewarding to be a paramedic and to share what

we know and what we've seen, said Mr. McCluan.

"You get to take this information, leave the class and make informed decisions."

Ask the IG

Lt. Col. Paul Ellingson
90th Space Wing Inspector General

The Inspector General Complaints and Fraud, Waste and Abuse programs allow members to be stakeholders in upholding standards and fixing problems. The command is interested in things running the right way and people being satisfied; when people are happy with the work environment, with structure, and with fair and equitable treatment, they know what to expect and are better able to perform their duties.

The Inspector General Complaints Program can help command focus on issues or problem areas and correct underlying problems, procedural weaknesses and ensure that resources are used effectively and efficiently.

Individuals are highly encouraged to attempt to resolve FWA issues and personal complaints at the lowest possible level, using command channels before elevating them to the next higher level or to the IG.

However, you can come and see us anytime, without approval from anyone, and discuss any issue that you wish. We find in many cases that we are able to correct what may simply be a misunderstanding or misperception. In some cases, a detailed investigation may be required to look into areas where there are possible violations of standards.

Where an allegation is substantiated, we ensure that the facts are addressed to the appropriate authority for their consideration and action.

Finally, the complaints program is an avenue to resolve problems when there doesn't appear to be any apparent grievance channel available. So when you are not confident that you can go to the next level or another avenue to have an issue reconsidered or appealed, come see us.

For further information or assistance, contact the 90 SW/IG staff, Lt. Col. Paul Ellingson and Mrs. Sandra Hanway by phone at 481-4800/4807, or by fax at (303) 677-9178.

Mike and Mighty Ninety!

Thank you so much for the generosity of your wing to the Airmen of Keesler! Not only did your team come here TDY to bail us out--but opened wallets too! Wow!! We are humbled and proud to belong to this great AF family. Please thank all of your wing for being our Wingman!

Thank you all so much – for so much!

- Brig. Gen. Bill Lord, 81st Training Wing Commander, Keesler AFB, Miss.

Briefs

Sentinel deadlines

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For more information, contact public affairs at 773-3381 or e-mail at Sentinel@warren.af.mil.

Compost facility operations

During the winter months: Nov.-Apr., contractors will staff the compost facility for 10 hours per week.

The facility will be open either for two half-days on Fridays and Saturdays, or one full-day on Saturdays.

During the summer months: May-Oct., the facility will be open four days per week, totaling 36 hours.

The facility will be open for eight hours per day, Wednesday through Saturday.

Stray pets

Contact the law enforcement desk when a pet escapes from control.

Stray pets, problem pets or pets escaping owner's control should be reported to the LE desk at 773-3501. (IAW 90th Space Wing Pamphlet 32-12, Ch.5, Paragraph 5.1.3.2.5,)

Stray pets will be picked up and taken to the Cheyenne Animal Shelter where owners may retrieve them.

All costs associated with the sheltering will be the responsibility of the owner.

Special Saturday Clinic

The Warren Veterinary Clinic will be holding a special Saturday Clinic Nov.12. Animals can be seen for vaccinations, microchipping, health certificates, and minor sick call by appointments only.

Call 773-3354 to schedule an appointment.

Honoring heritage: Strengthening nation's spirit

1st Lt. Maura Sillas
*Military Equal Opportunity
Office*

To begin National American Indian Heritage Month, let's honor one of our devoted, fallen heroes. A member of the 507th Ordinance Maintenance Company, 23-year old Army Private First Class Lori Piestewa and her fellow soldiers were ambushed on March, 23, 2003, in combat in Iraq when they took a wrong turn and became lost.

A Hopi Indian raised on a Navajo reservation, Piestewa was the mother of a 4-year old son and a 3-year old daughter. Piestewa was a mom, soldier, and a Hopi Indian. By giving the last full measure of devotion to her country, she also became the first woman killed in combat in this conflict and the first ever American Indian woman killed in any military conflict.

"Our family is proud of her. She is our hero. We are going to hold that in our hearts. She will not be forgotten. It gives us comfort

to know that she is at peace right now," said Wayland Piestewa.

Service in the United States military is a tradition in Piestewa's family. Her father served in Vietnam and her grandfather served in World War II. Of the 12,000 Native Americans currently serving in the Armed Forces, there are 56 of her fellow Hopi, 48 of whom are serving, or have served in Operation Iraqi Freedom. Hopis interpret the name Piestewa, as "the People by the Water" and as "the Ceremonies at the Springs."

As befitting to her name, rose petals were scattered at the reflecting pool of Arlington National Cemetery on Memorial Day at the Women in Military Service for America Memorial.

The Hopi believe that when one is deceased, they return home. The "Lady Warrior," as her family calls her, was buried April 12, 2003 on the Hopi reservation. Lori has indeed returned home.

All members of the Armed Forces are proud to call her one of our own.



Courtesy photo

Private 1st Class Lori Piestewa, 507th Ordinance Maintenance Company, was the first American Indian woman killed in an American conflict.

WHAT DOES YOUR EMBLEM SIGNIFY?

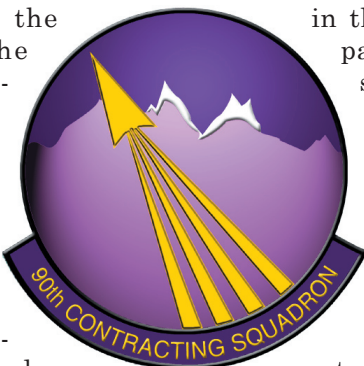
90th Contracting Squadron

Blue alludes to the sky, the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of Air Force personnel. The mountain range with majestic snow-capped peaks represents the squadron's desire to set their standards high and to strive to be the best through sacrifice and patience.

The flight symbol symbolizes the flights of the squadron and their support to the mission.

"In the simplest of terms,

our mission is to make sure everyone else can do their mission; we try to do this in the most transparent way possible. Whether it's the tools and equipment necessary to fix missiles or any of the 20+ major service contracts operating in the background that allow folks to eat, talk on the phone, or have fresh sheets on which to sleep, we're making it possible for others to do their jobs," said Maj. William Lorey, 90th Contracting Squadron Commander.



Recommended holiday mailing dates for overseas servicemembers

The Department of Defense announced the recommended mailing dates to ensure that holiday cards and packages for servicemembers arrive overseas in time for the holiday season.

- Parcel post: Nov. 12
- Space-available mail: Nov. 26
- Parcel airlift mail: Dec. 3
- Priority and first-class letters/cards: Dec. 10 (Dec. 5 for APO 093)
- Express Mail military service: Dec. 19 (Not applicable for APO 093)

For more information, visit the base post office.

2006 'Scholarships for Military Children' applications available

Bonnie Powell
Defense Commissary Agency

Money for college is "what's cooking" at 268 military commissaries worldwide as the Scholarships for Military Children program begins its sixth year of rewarding academic excellence. Applications are now available at the Warren Commissary and must be returned to the commissary by close of business Feb. 22, 2006.

Since its inception in 2000, the program has awarded \$1,500 scholarships to nearly 2,500 military children through the generosity of manufacturers and businesses that sell groceries in commissaries.

Applications, eligibility and other information for the 2006 SFMC program are also available starting Nov. 1 online at <http://www.militaryscholar.org> or through a link at <http://www.commissaries.com>, the Defense Commissary Agency's customer Web site. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

Applications, which also include an essay on why the applicant admires a great military leader (past or present), must be turned in at a commissary by close of business Feb. 22, either by mail or in person. Fax or e-mail applications are not accepted.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of active-

duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2006, or enrolled in a program of studies designed to transfer directly into a four-year program.

The Defense Commissary Agency operates a world-wide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 or more percent on their purchases compared to commercial prices – savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



Photo by Staff Sgt. Theresa Donnelly

CLOWNIN' AROUND ...

Mike Kickery, 90th Contracting Squadron, and his daughter, Elizabeth, check out the bouncy castle at the youth center's Trick-or-Treat Off the Street Monday.

Full Page ad 6 by 4.5

Full Page ad

Wyoming Army National Guard experiments with explosives



Members of the 90th Space Wing and the Army National Guard receive a briefing during the Oct. 28 demonstration that led to the destruction of three government vehicles. This is what happens when 500 pounds of explosives are detonated in a GOV.

Photos by Airman 1st Class Tessa Cubbon

The Wyoming Army National Guard demonstrated what effect 500lbs of explosive materials can have on unarmored vehicles in a demonstration Oct. 28 outside of Guernsey, Wyo.

Full Page Ad

Full Page Ad



5 decades of history come to close

Vandenberg launches final Titan IV B rocket

**Space & Missile
Times Staff**
30th Space Wing
Public Affairs

VANDENBERG AIR FORCE BASE, Calif.

— The United States Air Force and Lockheed Martin closed out five decades of history Oct. 19 with the final launch of a Titan IV B rocket carrying a critical national security payload for the National Reconnaissance Office.

On the picture-perfect day, all eyes were on Space Launch Complex-4 East as the nation's heavy-lift workhorse thundered off the pad to deliver its final payload to space and retire from service.

"Today's launch is the culmination of a tremendous amount of work by several organizations," said Col. Jack Weinstein, 30th Space Wing Commander and final "go for launch."

"There isn't a more satisfying feeling in the world than knowing you were part of something so important for our nation," he said. "I hope all our men and women, from our security

forces, medical professionals, and Airmen overseeing the range, to our launch group team, feel a tremendous amount of pride in this accomplishment. Nobody has a more exciting mission, and every member of Vandenberg Air Force Base plays an important role in the success of that mission."

"Today's spectacular launch is a fitting way to say goodbye to Titan," said G. Thomas Marsh, Executive Vice President of Lockheed Martin Space Systems Company. "The Lockheed Martin employees who have given their utmost efforts to the program over the years join with our Air Force and NRO customers, and the many other organizations that make up the Titan team, in expressing our great pride in this service to our country's space program."

In addition to praising the launch team, Lt. Col. Regis Baldauff, 2nd Space Launch Squadron Commander, dedicated the mission to two men, Abe Freels and Lenny Hoops—their names etched prominently on the side of the rocket. Both men, who recently died, had long and



Photo by Michael Moran

The final Titan IV B rocket launches from Space Launch Complex-4 on Vandenberg AFB, Calif., Oct. 19.

distinguished histories with the program.

The final launch was the culmination of a long evolution from the original Titan I intercontinental ballistic missile. In all, 39 Titan IVs launched - 12 Titan IVs from Vandenberg AFB, and 27 more from Cape Canaveral Air Force Station, Fla. The final Titan IV mission from Cape Canaveral launched successfully April 29. This was the 200th Titan mission to launch from Vandenberg.

"While this is the last flight of the Titan IV, it's a

great opportunity to bring together literally thousands of people who have spent most of their adult life producing, processing and launching these vehicles, so it's a great tribute to the American spirit," said Lt. Gen. Michael Hamel, Space and Missile Systems Center Commander. "The Atlas V and the Delta IV Evolved Expendable Launch Vehicles are going to provide our assured access to space and become the workhorse launch vehicles for the 21st century. We in uniform are

terribly indebted to the nation, industry and community for being able to provide space power that gives our young men and women in harm's way the winning advantage."

The Titan IV was developed as the booster used to launch the nation's largest, heaviest and most critical payloads. Titan's initial IV A design was followed by Titan IV B with a new generation of large solid rocket motors, state-of-the-art guidance and electronics and a new ground processing system.

Force shaping effects 410 AFSPC members

Tech. Sgt. Kate Rust
Air Force Space Command
Public Affairs

The Air Force announced Oct. 18 that it will convene a force shaping board in 2006 to meet emerging Air Force needs, and while the space, missile, and certain other core Air Force specialties will be exempt, most of the rest of the support officer specialties making up Air Force Space Command will be affected.

Approximately 410 Air Force Space Command members meet the eligibility criteria for the Force Shaping Board at this time.

"The impact will be felt primarily in our combat support career fields (public affairs, services,

personnel, maintenance, logistics readiness)," said Lt. Col. Linda Tutko, Chief of Air Force Space Command Officer Assignments. "Our space operators and developmental engineers will not be impacted."

According to a recent Air Force Print News release, the Air Force began fiscal year 2006 with a force imbalance. It was under strength by approximately 6,000 enlisted and over strength by approximately 3,000 officers.

The first Force Shaping Board is scheduled to convene at Randolph Air Force Base, Texas, April 3, 2006, at the Air Force Personnel Center. The board will evaluate active-duty line officers in the 2002 and 2003 accession year groups

except those officers who have less than two years current active service or 15 or more years of active service as of Sept. 29, 2006.

Eligible officers may continue to apply for voluntary separation until March 1, 2006 using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

AFSPC officials will be visiting bases around the command soon to deliver "Spread the Word" briefings to describe the annual Force Shaping Board and how the process will work.

While the briefing is mandatory for line officers in the 2002-2003 year groups, it is optional for all other officers and highly recommended for officers in the 2004 and 2005 year groups, and their supervisors.

For more information about the "Spread the Word" briefing schedule for your base, please contact your local Military Personnel Flight.

For more information about the Force Shaping Board and volunteer separation opportunities, visit the AFPC Force Shaping Web-site at www.afpc.randolph.af.mil/retsep/shape.htm or call the Air Force Personnel Contact Center at (800) 616-3775.

6 by 6.5

Practice makes perfect at Warren boxing



First Lt. Evan Briggs, 90th Operations Support Squadron, and Airman Garron Sanzo, 90th Missile Security Forces Squadron, spar during boxing practice Tuesday night at Fall Hall.



Special Agent Julie Armstrong, Office of Special Investigations, works on her basic boxing techniques with her partner during a Warren Boxing Team practice Tuesday night at Fall Hall.

Weekly Warren youth bowling scores

Little Pee Wees - Ages 3-5
Charles Vogel 56 game

Pee Wees - Ages 5-6
Ryan Komm 82, +19 game

Bantam-Preps - Ages 7-11
Evan Hoff 491 high series handicap
Katelyn Crocker 486 high series handicap
Cameron Maloney 172 high game handicap
Madisyn Bails 181 high game handicap

Junior-Majors - Ages 12-21
Anthony Linde 688 high series handicap
Brittaney Thomas 637 high series handicap
Drake Guerra 252 high game handicap
Kristin Hereford 250 high game handicap

Boxing coaches needed

The Warren Boxing team is looking for coaches and boxers. Coaches must have prior boxing experience (USA Boxing certification is a plus). Boxing practice is held Mondays, Tuesdays and Thursdays (except holidays) at 5 p.m., in Fall Hall. All equipment is provided, however, individuals need to bring clean court shoes and workout clothes.

The team is for people who want to participate competitively as well as anyone who wants to come and get a good workout.

For more information, contact 1st Lt. Rodney Ellison at 773-4495 or cell 221-1195.

AF lieutenant, living the dream

First Lt. Cory Howard, 319th Missile Squadron, recently sat down with Airman 1st Class Tessa Cubbon, 90th Space Wing Public Affairs, to discuss Operation Provide Joy, the great people at Warren and life in the Air Force.

Why do you think you were recommended for the 90 Seconds of Fame?

Honestly? I don't know. Especially when I compare myself to some of the people I work with. I do try to work hard for my commander and help my squad mates in any way I can.

So what do you do for the 319th?

I'm the squadron's executive officer. I just received my top secret clearance, and I'll be upgrading to deputy combat crew commander in November.

What kind of volunteer work do you do?

I've helped out with CFD, and I'm the squadron's blood drive representative. My wife and I also baby-sit for other couples for free. It lets them spend time together and we get to spend time with some great children! The volunteer program that means the most to me is OPJ.

What did you do for OPJ?

Operation Provide Joy is an incredible program. Underprivileged children from the local area visit the base for a day of games, demonstrations, presents, and visits with Santa. I was assigned as an escort, which meant I got to spend the day making sure a little girl named Katy had a great time. I think I enjoyed it as much as she did and especially liked giving the kids the insignia off my uniform! One of the hardest things I've had to do in a long time was put Katy back on the bus at the end of the day.

What's the biggest difference you've seen between the military and civilian world?

Servicemen and women are closely knit. I have limited work experience in both the military and the civilian worlds. But I can tell, even in that short amount of time, that the camaraderie in the military is some-



Photo by Airman 1st Class Tessa Cubbon

thing special. You just don't see it anywhere else.

What's your favorite part about working here at the 319th?

I work with some incredible people and have made some great friends over the past year. I'll have to admit too, I like telling people back home that I'm a "nuclear launch officer." How many people get to say they do that for a living? Plus, we accomplish an amazing mission ... we get to save the world without firing a shot.

When and why did you join the Air Force?

To protect my country. My grandfather served in the Navy, my parents serve as a policeman and a firewoman. There's no greater privilege than to serve. Not only that, but the Air Force takes care of its people with some great benefits!

What are your career goals?

I'm leaning heavily toward a career in the military. I've only been in for two short years, but I've enjoyed every minute of it! I look forward to a leadership role as a squadron or group commander one day.

What are your life aspirations?

My dream would be to serve my tour here then go to medical school and become an Air Force doctor, hopefully a pediatrician.

Why?

Like I mentioned earlier, there's nothing greater than being able to serve. A doctor gets to do just that by helping people at the most fundamental level - by making them feel better. Being an Air Force doctor would be the dream job for me because not

only would I get to help children, but I'd still be serving my Air Force brothers and sisters!

Who are your heroes?

My parents. My dad is a police officer and my mom is a teacher, EMT and a firefighter. Those jobs pale in comparison to raising me and my three little brothers though!

They're incredible, they really are. Also, my wife. In addition to being the most beautiful woman I've ever laid eyes on, she takes care of our family, gives so much of her time to others, deals with diabetes and is going to school for a master's degree ... all this on top of a full time job. She handles it all with such grace. She is truly an amazing woman.

What do you like to do in your free time?

I love spending time with my wife. We like to hike, take walks with our new dog, spend time with friends and travel to some of the beautiful places around here like Estes Park and Veda-woo. I also love to read.

What kind of books do you read?

The last book I read was "The Stuff of Heroes," by Ret. Maj. Gen. William Cohen. It's incredible; I think everyone in the military should read it.

What would you do if you were wing commander for a day?

That's a hard one. I would spend a lot of time with the enlisted troops; an LT can gain a lot from those men and women. I would definitely take that opportunity to learn as much as I could from them.

What message would you like to send to everyone on Warren?

Maintain absolute integrity - anything less FAILS the men, women and children that look to you for their protection. I know that sounds corny, but it's true.

What is your favorite quote?

"Freedom is never more than one generation away from extinction ... it must be fought for, protected, and handed on." -Ronald Reagan

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FitFactor for youth

To stress the importance of making healthy lifestyle choices and to encourage youth to get up, get out and get fit, youth programs introduce FitFactor.

Being healthy and fit puts youth in touch with their bodies, increases their self-esteem and helps to generate the desire to set personal goals.

The goal of FitFactor is to encourage healthy choices and teach youth to value their lives.

It combines a Web based program that rewards youth for being active at least 60 minutes every day, making informed nutritional eating selections, getting friends and family members to participate in fun physical activities and games, limiting the amount of television and computer time and adopting healthy routines, including a broad range of physical and leisure activities.

For more information visit the youth center or

call 773-2564.

Special Saturday clinic

The Warren Veterinary Clinic is taking appointments for pet vaccinations and minor illnesses Saturday, Nov. 12 from 9 a.m. to 1 p.m. For more information, call 773-3354.

Turkey Shoot Golf Tournament

A Turkey Shoot Golf Tournament is Saturday with a 9 a.m. shotgun start at the Warren Golf Course. It is individual stroke play with handicap. Make your own group. Everyone wins a turkey. The cost is \$30 for members and \$40 for non-members. Price does not include cart. For more information, call 773-3556.

Outdoor recreation trips

Nov. 18 - Those unable to purchase Eldora Stars & Stripes Season Pass during our open house last month, have another opportunity. For \$99, any active duty, retiree, DoD civilian and

their immediate family may purchase this no-blackout date season pass for the 2005 to 2006 ski season. Representatives from Eldora Ski Area will be on location at ODR all day from 10 a.m. to 5 p.m.

Nov. 19 - Christmas is right around the corner and we know just the place to get that Christmas list knocked down to size.

ODR is heading south to Flat Irons Crossing Mall near Broomfield. Shop name brand stores to make gift giving a pleasure.

Trip departs at 8 a.m. and returns at 6 p.m. Cost is \$20 per person.

Nov. 25 - ODR will take its first ski trip of the season to Keystone, Colo., – site for the 2006 Snofest taking place Jan. 27 to 29. If you purchased a Liberty Pass you'll be able to get your photo pass taken care of while you're there.

Cost is \$65 for day skiers, \$20 for season pass holders – this trip includes ski equipment for no addi-

tional charge.

Nov. 26 - It's a "Week-end of Destruction" when the demolition derby comes to the Budweiser Event Center. The derby will not only include cars but motorcycles too.

Show starts at 7:30 p.m., trip leaves ODR at 6 p.m. and returns approximately 11:30 p.m.

Cost is \$25 per person and includes event ticket, transportation and curbside drop off and pick-up.

Colorado Eagles pro hockey military night

Military discount tickets are available for the Colorado Eagles vs. the Memphis River Kings hockey game Dec. 2 at the Budweiser Event Center.

Tickets are \$16. For \$6, outdoor recreation will drop off and pick up attendees at the front door to avoid paying for parking. Tickets must be purchased by Nov. 29. To purchase tickets or for more information, call 773-2988.

Chadwell Dining Facility Thanksgiving Dinner

Chadwell Dining Facility is open to all active-duty enlisted, officers, retired military and their family members for Thanksgiving Dinner from 11 a.m. to 2 p.m., Nov. 24.

Call 773-3838 for more information.

Ceramics class

It's snowing at the multi-crafts center Nov. 12.

Join the snowman painting class from 1 to 3 p.m. Class is limited to 10 students ages 8 to 16.

Cost is \$10 for two small snowmen. If there is enough interest, a separate class on another Saturday will be held for younger children.

Parents must accompany children and will have the opportunity to paint a larger snowman for an additional fee.

For more information, call 773-3754.

6 by 6

Education center briefs

Online tuition assistance: The education and training flight is conducting briefings to provide information on the new Air Force Virtual Education Center On-Line Tuition Assistance Program. Active duty members currently using TA or contemplating using TA in fiscal year 2006, as well as their supervisors and first sergeants, are highly encouraged to attend one of the briefings. Education center staff will also be available to provide information during commander's calls or staff meetings around the base. For more information, visit the education and training flight customer service counter (1205 Black Powder Rd.) or call 773-2117.

Warren Chiefs and Sergeant Major Groups Scholarship: Applications are now being accepted for the Warren Chiefs and Sergeant Majors Group Enlisted Scholarship Awards. Applicants must be E-1 through E-7 or a dependent of an enlisted member. Deadline for applications is Dec. 1. Information sheets and application packages are available at the Education Center. For more information please contact the education center at 773-2117 or Chief Master Sgt. Singhas at 773-2850.

Resource room: The education center has a resource room with computer and Internet access for student use. Also available are televisions, VCRs and a large library of educational materials, including study guides and videotapes. It is available for use any time the building is open, including evenings when classes are in session. For more information, call the education center at 773-2117.

Personnel Reliability Program is everyone's responsibility

Question: When are individuals required to consult with the CMA concerning FDA approved over-the-counter medications and commercially available substances, to include herbal and nutritional supplements?

Answer: Individuals within 12 hours of reporting for PRP duties and will be using the product for the very first time, individuals that have questions about a products use or potential side effects, and individuals that have experienced an adverse reaction which may affect the member's ability to perform duties.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

CONGRATS TO NCO ACADEMY GRADUATES, CLASS 2005-07, TECH. SGTS.:

Twentieth Air Force

Robert Baker (Distinguished Graduate)
Louis Renna

90th Space Wing

Jerry Fenwick
Alan Landers
Steven Goetsch

90th Comptroller Squadron

Brian Thomas

90th Communications Squadron

Christopher Martin

90th Operations Support Squadron

Bradley Ayers

90th Medical Operations Squadron

John Despain

90th Missile Maintenance Squadron

Erin Brown
Thomas Hoopes
Sean Rainey

90th Missile Security Forces Squadron

Chad Glazier

90th Services Squadron

Gregory Hallett

- Courtesy of Vosler NCO Academy

CONGRATS TO SNCO ACADEMY GRADUATES, SENIOR MASTER SGTS.:

Mike Lemke, 90 CONS
(John L. Levitow Award and Distinguished Graduate)

Craig Heald, 90 OG

Randall Butt, 20 AF

- Courtesy of Chief Master Sgt. James Wood

Congratulations to Airman Leadership School graduates Senior Airmen:

90th Communications Squadron

Joseph Franks (John L. Levitow Award Winner)

90th Civil Engineer Squadron

Chris Bender
Nicole Edwards
Keith Eicher
Chad Linden
Michael Overton (Leadership Award Winner)
Ernest Sheffield (Andrews Seminar Class Leader)

90th Logistics Readiness Squadron

Nathaniel Santos

90th Medical Operations Squadron

Catherine Serrano
Distinguished Graduate Award Winner

90th Maintenance Operations Squadron

Ryan Wisniewski
Daniel Young
Brent Zembas

90th Operations Support Squadron

Heather Campbell (Academic Achievement Award Winner)

90th Missile Maintenance Squadron

Kristian Kunkel
Matthew Miller
Anthony Moore
Ismael Nava
Neal Paris
Christian Roblewsky
Amber Rose

90th Security Forces Group

Dennis Scholl (Kisling Seminar Class Leader)

90th Missile Security Forces Squadron

Roger Martin
Gordon Mathis
Austin Wilson

790th Missile Security Forces Squadron

Esther Grajeda
Travis Jackson (Distinguished Graduate Award Winner)
Destry Kamphefner
Wallace Litzinger
Shaun Svetlecic

90th Security Support Squadron

Christopher Archdeacon

- Courtesy of F.E. Warren Airman Leadership School

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